CLAIMS

What is claimed is:

1. A method comprising:

administering a beverage composition suitable for human consumption comprising effective amounts of the following solubilized components:

a calcium compound;

an acid in an amount up to the equivalent amount of a calcium of the calcium compound; and

inulin,

wherein the effective amounts are sufficient to reduce the risk of bone density loss.

2. The method of claim 1, wherein the composition further comprises amounts of Vitamin D_3 and Vitamin K.

3. The method of claim 2, further comprising:

a stabilizing agent comprising maltol and one of carrageenan and maltodextrin and a xanthan gum, the stabilizing agent present in an amount such that the solubility of the soy isoflavone in the beverage is greater than 75 percent.

4. The method of claim 3, wherein the effective amounts of the individual components are selected for an individual serving size representing a portion less than a daily predetermined amount.

5. The method of claim 1, wherein the composition further comprises effective amounts of a magnesium compound.

6. The method of claim 1, wherein the composition further comprises an isoflavone.

7. A method comprising:

administering a beverage composition suitable for human consumption comprising amounts of the following solubilized compounds:

a calcium compound;

a magnesium compound;

an acid in an amount up to the equivalent amount of a calcium of the calcium compound; and

a fructo-oligosaccharide.

8. The method of claim 7, wherein the composition further comprises Vitamin D_3.

9. The method of claim 7, further comprising:

a stabilizing agent comprising maltol and one of carrageenan and maltodextrin and a xanthan gum, the stabilizing agent present in an amount such that the solubility of the soy isoflavone in the beverage is greater than about 75 percent.

10. The method of claim 7, wherein the effective amounts of the individual components are selected for an individual serving size representing a portion less than a daily predetermined amount.

11. The method of claim 7, wherein the composition further comprises an isoflavone.

12. A method comprising:

administering a solid supplement composition suitable for human consumption comprising effective amounts of the following components:

a calcium compound;

an acid in an amount up to the equivalent amount of a calcium of the calcium compound; and

inulin,

wherein the effective amounts are sufficient to reduce the risk of bone density loss.

13. The method of Claim 12, wherein the composition further comprises predetermined amount of Vitamin E

14. A composition suitable for human consumption comprising a portion of a daily amount of:

a dietary acceptable calcium compound;

a dietary acceptable magnesium compound;

a dietary acceptable inulin; and

an acidifier in an amount up to the equivalent amount of a calcium of the calcium compound.

15. The composition of claim 14, further comprising:

a dietary acceptable Vitamin D_3; and

a dietary acceptable Vitamin K.

16. The composition of claim 15, wherein the composition is one of a ready-to-drink beverage and a beverage preparation.

17. The composition of claim 15, wherein the composition is a beverage of a liquid having a pH less than 5.0 and further comprising:

a stabilizing agent comprising at least one of a maltol, a composition of carrageenan and maltodextrin, and a xanthan gum, such that each component of the composition is soluble in the liquid.

18. The composition of claim 17, further comprising a dietary acceptable isoflavone wherein the solubility of the isoflavone is greater than 75 percent.

19. The composition of claim 18, wherein the isoflavone is a soy isoflavone that comprises at least one of a daidzein compound, a genistein compound, and a glycitein compound.

20. The composition of claim 14, wherein the weight ratio of calcium to magnesium is in the range of five to one and three to one.

21. The composition of claim 18, wherein the weight ratio of calcium to isoflavones is in the range of ten to one.

22. The composition of claim 14, wherein the weight ratio of calcium to inulin is one to ten.

23. The composition of claim 14, wherein the magnesium compound comprises phosphorus.